

## CLAIMS

1. A massaging machine, comprising:  
a chair body having a seat and a backrest;  
an armrest provided to the side of said seat;  
a tunnel-shaped support provided to stand from said armrest  
so as to enable the massagee's arm or hand placed on said armrest  
to be inserted therein; and  
a massage air cell provided to the inner surface of said  
tunnel-shaped support which expands/contracts according to the  
supply/discharge of air.
2. A massaging machine according to claim 1, wherein said  
tunnel-shaped support is open at both ends of the cross direction  
thereof, and the arm or hand can be inserted into the rear opening,  
and the fingertips can come out from the front opening.
3. A massaging machine according to claim 1, wherein said massage  
air cell is capable of pressing the arm or hand against said armrest  
by expanding.
4. A massaging machine according to claim 1, wherein said armrest  
is provided with an acupressure element for performing acupressure  
to the arm or hand being pressed with said massage air cell.
5. A massaging machine according to claim 1, wherein said armrest  
is provided with a vibration generator for performing vibration massage  
to the arm or hand being pressed by said massage air cell.
6. A massaging machine according to claim 1, wherein said  
tunnel-shaped support has a tunnel-shaped external member, and an

internal member provided inside said external member while retaining space between said external member;

said massage air cell is installed to said internal member;  
and

the space between said external member and said internal member is pipe space for installing a pipe for supplying air to said massage air cell.

7. A massaging machine according to claim 1, wherein said tunnel-shaped support is provided movably forward and backward.

8. A massaging machine according to claim 7, wherein said armrest moves backward in conjunction with the motion of said backrest reclining backward, and moves forward in conjunction with the motion of said backrest rising forward; and

said tunnel-shaped support moves forward and backward according to the forward and backward movement of said armrest.

9. A massaging machine according to claim 1, wherein said massage air cell is disposed so as to press the palm or back of the hand placed on said armrest.

10. A massaging machine according to claim 1, wherein the length of the cross direction of said tunnel-shaped support is set to an extent such that only the anterior portion of the massagee's wrist is positioned therein; and said massage air cell is used for massaging the palm or back of the hand.

11. A chair-type massaging machine having an armrest comprising an air cell at the upper side of the armrest which expands/contracts

according to the supply/discharge of air, wherein said air cell is provided so as to press the massagee's arm or hand placed on said armrest against said armrest by expanding downward.

12. An arm and hand massager to be used upon being mounted on the armrest of a chair, comprising:

a tunnel-shaped support mounted on said armrest so as to enable the massagee's arm or hand placed on said armrest to be inserted therein; and

an air cell provided to the inner surface of said tunnel-shaped support for massaging the arm or hand by expanding/contracting.

13. A massaging method, comprising pressing the massagee's arm or hand placed on an armrest of a chair-type massaging machine having said armrest against said armrest with an air cell which expands/contracts according to the supply/discharge of air.